Millet and Lentil Pilaf

Try this easy, delicious dish to add a whole grain and meatless protein to your day!

Ingredients:
2 tablespoons olive oil
1 cup chopped celery
1 cup sliced carrots
1 large onion, chopped
3 garlic cloves, minced
1 ¾ cups vegetable broth
½ cup dried lentils, rinsed and drained
½ cup millet, rinsed until water is clear, then drained
2 medium plum tomatoes, seeded and chopped
2 tablespoons chopped fresh parsley

Directions:
1. Heat oil in a skillet over medium heat. Add celery, carrots, onion, and garlic and cook until tender.
2. Add broth, lentils, and millet. Heat to a boil. Cover and cook over low heat 20 minutes or until done.

Prep time: 15 minutes
Cook time: 25 minutes

Nutrition Information / Amount per serving:

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>283</td>
</tr>
<tr>
<td>Total fat</td>
<td>8 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1.2 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
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<tr>
<td>Protein</td>
<td>10 g</td>
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<tr>
<td>Total Carbohydrates</td>
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<tr>
<td>Dietary Fiber</td>
<td>12 g</td>
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<tr>
<td>Sodium</td>
<td>399 mg</td>
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